Enhancing Aviator Performance Via Nutrition

Personalize here with your Name & Contact Info

Overview

- Survey of aviators
  - OPSTEMPO impact on meals
  - Typical meal sources
  - They recognize performance is degraded by poor nutrition
  - What will enhance their nutrition
- Snacko initiative to enhance your aviators' performance via nutrition

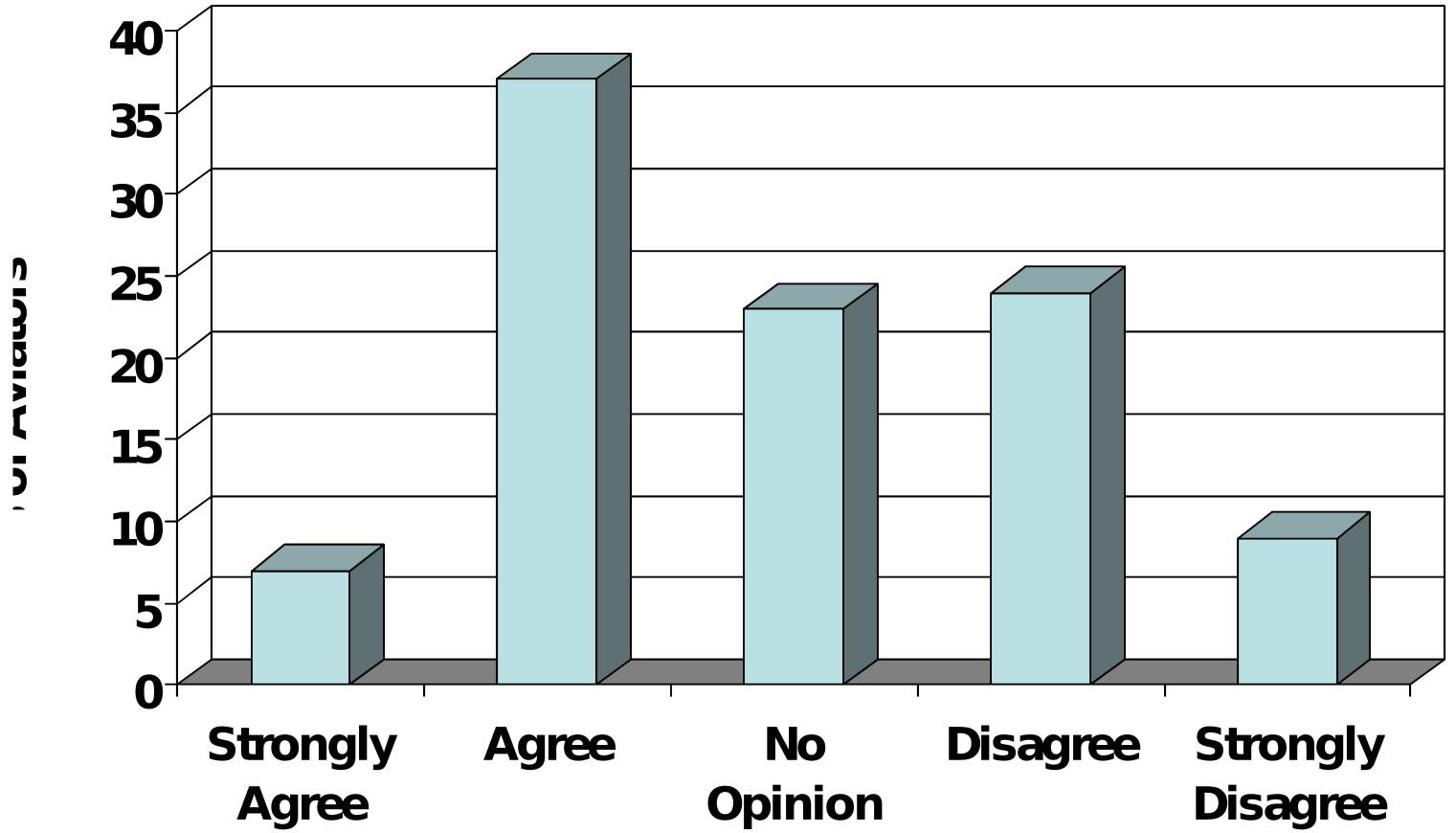
OPSTEMPO impact on meals

- In Apr 03 survey of 525 aviators, **primary factors causing missed meals (i.e., lunch):**
  - Flying/Sim (75% agreed)
  - Mission planning (70%)
  - Mission debrief (64%)
  - Additional Squadron details (58%)
  - Forget to pack lunch (i.e., ***not plan ahead***) (40% agreed; 33% no opinion)

Typical meal sources

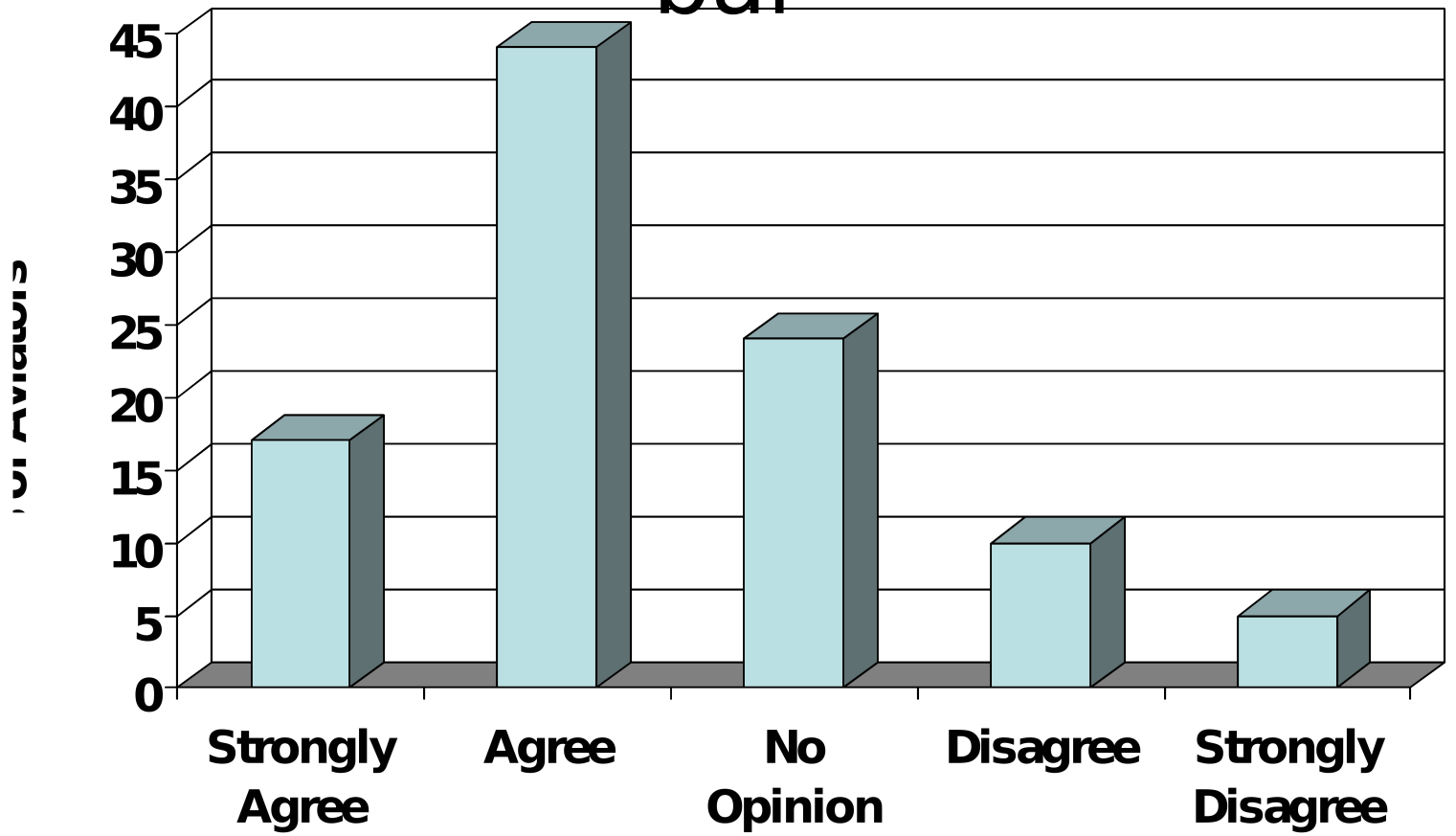
- In same survey, **primary sources of duty-hour meals:**
  - Snack food (i.e., Snacko) (50% of aviators say ¼ of the time “snack” is their primary meal)
  - Off base (48% of aviators say ¼ of the time “off base” is their primary meal)
  - BX Food court (39% of aviators say ¼ of the time “food court” is their primary meal)
  - Food from home (37% of aviators say ¼ of time “food from home” is their primary meal)

My performance is degraded by inadequate or poor nutrition.

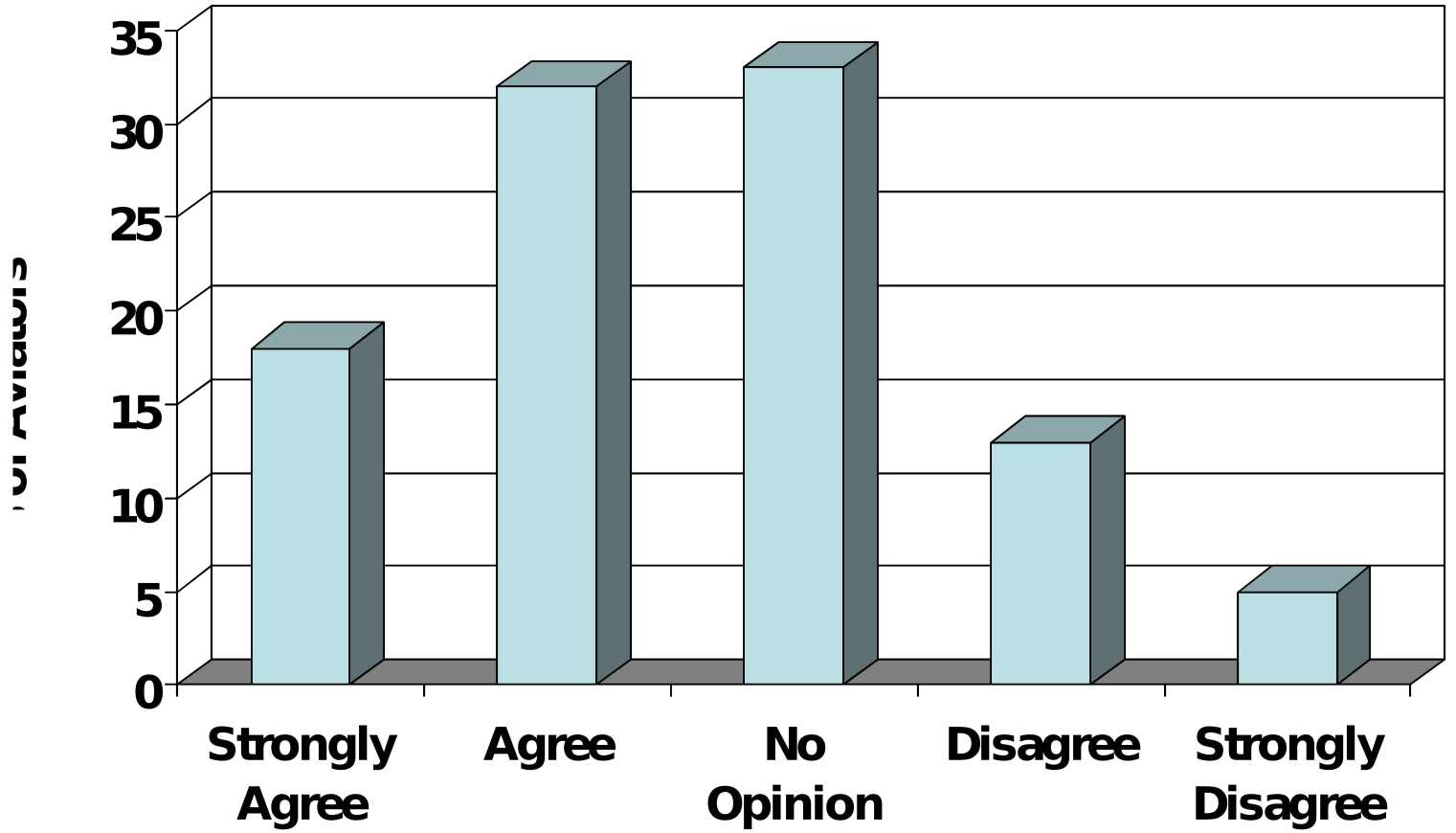


My nutrition would be enhanced if...

Add more healthy choices to snack bar



My nutrition would be enhanced if… Retain/develop dining facilities near my work



Snacko Initiative

- To work closely with Snacko POC
- Assist them with offering healthier snacks
  - See “Healthier Snack Options” handout for guidance
- Provide materials for promoting healthier meal options to aviators
  - See sample posters/handouts

Summary

- OPSTEMPO is impacting aviator meals
- Aviators often consuming snacks
- Aviators are asking for healthier snacks
- Need your support to:
  - Contact Snacko POC to assist with offering healthier options
  - Provide marketing materials to encourage healthy meal choices